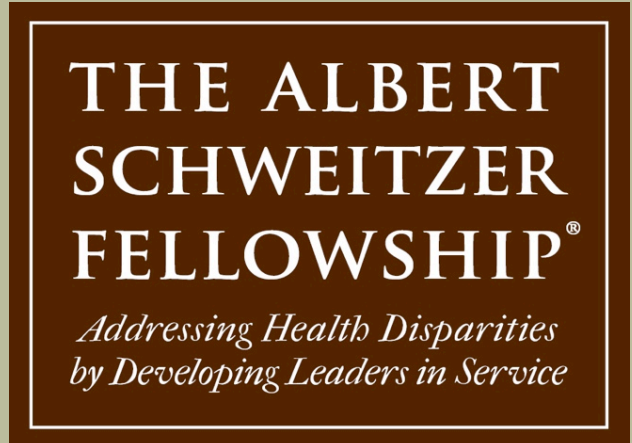


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

The Healthy CHOICES Initiative

PROJECT DESCRIPTION

Our multi-phase project drew upon local, state, and national health priorities to design lesson plans and curriculum units that incorporated health-related concepts (e.g., nutrition, physical activity, health literacy and advocacy) into the mainstream middle school curriculum using a place- and community-based approach.



COMMUNITY SITE & PARTICIPANTS

The Healthy CHOICES Initiative took place at Trimble Elementary and Middle School in Jacksonville, a rural community in Athens County. We worked with 14 seventh- and eighth-graders in Ms. Heather Laughlin’s classroom to learn about healthy decision-making behaviors. We also engaged 10 elementary school students from Ms. Alicia Mohler’s class in cooking lessons to prepare nutritious meals.

OBJECTIVES

- Establish baseline understanding of youth conceptions of health.
- Promote basic understanding of nutrition and healthy eating habits.
- Encourage daily exercise with the use of pedometers.
- Expose students to sources of health information and foster self-advocacy.
- Engage students in a community action research project.

IMPACT

- Provided disposable cameras to 9 middle school students, who took 153 photos of health in their community.
- Prepared 7 healthy dishes with 21 middle and elementary school students.
- Gave pedometers to 13 middle school students; to date, they have traveled 190 miles as a class.



ONGOING ACTIVITIES

- Establishing weekly walking goals and counting steps.
- Researching health issues and creating health advocacy posters to display at the school.
- Designing a plan to transform an unused courtyard space into a healthy learning space at the school.

STUDENT VOICES

- “I really liked using cameras to take pictures because I love to take pictures of different stuff.”
- “I learned that I like tofu.”
- “I learned to like new things.”
- “My favorite activity was washing our hands with the special lotion and light.”
- “I think that being an optimist is healthy because you’re happy and always think about the good things.”
- “I liked learning about the sugar content of drinks and snacks.”



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